

# STATION ONE:

# THROWING/CATCHING

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## Proper Throwing:

1. Ball is raised off palm.
2. Arms and body in "T".
3. Back arm in "L"
4. "Step" w/ front foot
5. "FIRE"
6. Follow through, cross body.

## Proper Catching:

Infield "ready position": knees bent & buttocks kept low / hands held out .

Outfield ready position: knees slightly bent, more up-right position, but loose.

- 1.LINE UP DIRECTLY BEHIND BALL
- 2.ALWAYS USE TWO HANDS
- 3.WATCH BALL ALL THE WAY INTO THE GLOVE
4. FOR GROUNDERS: MAKE SURE GLOVE IS TOUCHING GROUND
- 5.DON'T FORGET TO "ALLEGATOR" PICK UP
6. BRING GLOVE W/ BALL TO CHEST READY TO RELEASE BALL TO THROW.

## With a Partner:

- Short warm up throws starting w/ knee position.
- Stand close together throwing light overhands & underhand tosses
- Lengthen distance b/w players
- Complete 25 throws at each distance
- Throw/catch grounders; pop flies; line drives
- Make sure you are in "ready position"

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## LADYHAWKS RULE!

- Call for the ball on its downward flight.
- Once the fielder yells "Mine" all other players must clear the area.
- All other players in the area call the fielder's name.
- Never command another fielder to take a fly ball.

## Did you know?

**Girls can become addicted in just 21 days to tobacco, as opposed to 6 months for boys!**